Iowa Child and Adult Care Food Program Foods for Children Ages 1 to 12



Milk		Ages 1-2	Ages 3-5	Ages 6-12
Juice or Fruit or Vegetable¹ Grains and Bread² Including cereal, cold dry or cooked cereal Milk Milk Milk Milk Meat or Meat Alternate³ Grains or Bread or Alternate² Or cooked cereal, rice, pasta Milk	BREAKFAST			
Grains and Bread²	Milk	½ cup	³ / ₄ cup	1 cup
Grains and Bread²	Juice or Fruit or Vegetable ¹	½ cup	½ cup	½ cup
Including cereal, cold dry or cooked cereal	Grains and Bread ²	-	-	1 serving/slice
SNACK (Select 2 out of the 4) Milk	Including cereal, cold dry			
Milk Juice or Fruit or Vegetable Juice or Fruit or Vegetable Juice or Fruit or Vegetable Juice or Meat Alternate Juice or Meat Or Meat Or Alternate Juice or Meat Or Meat Or Alternate Juice or Meat Or Meat Or Meat Or Meat Or Poultry or Fish Juice or Meat Or Poultry Juice or Meat Or Poultry Juice or Cup Juice or		-	¼ cup	•
Juice or Fruit or Vegetable¹ ½ cup ½ cup ¾ cup Meat or Meat Alternate³ ½ ounce ½ ounce 1 ounce Grains or Bread or Alternate² ½ serving/slice 1 serving/slice or cereal, cold dry ¼ cup* 1/3 cup** ¾ cup* or cooked cereal, rice, pasta ¼ cup ¼ cup ½ cup LUNCH OR SUPPER Milk ½ cup ¾ cup 1 cup Meat or Poultry or Fish 1 ounce 1 ½ ounces 2 ounces or egg 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	SNACK (Select 2 out of the 4)			
Meat or Meat Alternate ³ We ounce We serving/slice	Milk	½ cup	½ cup	1 cup
Meat or Meat Alternate ³ We ounce We serving/slice	Juice or Fruit or Vegetable ¹	½ cup	½ cup	³ / ₄ cup
or cereal, cold dry or cooked cereal, rice, pasta 4 cup	Meat or Meat Alternate ³	½ ounce	½ ounce	1 ounce
or cooked cereal, rice, pasta 1/4 cup 1/4 cup 1/4 cup 1/2 cup 1/4 cup 1/2 cup 1/4 cup 1/4 cup 1/2 cup 1/4 cup	Grains or Bread or Alternate ²	1/2 serving/slice	1/2 serving/slice	1 serving/slice
Milk Meat or Poultry or Fish or cheese or cheese food, cheese spread or cottage cheese or cooked dry beans/peas or or peanut butter or nuts and/or seeds ⁴ 2 Vegetables and/or fruits to total ¹ Milk 1/2 cup 1/2 cup 3/4 cup 1/2 ounces 1/2 ounces 2 ounces 3 ounces 3 ounces 4 ounces 4 ounces 3/8 cup 1/2 cup 3/8 cup 1/8 cup 1/8 cup 3/8 cup 1/8 cup	or cereal, cold dry	½ cup*	1/3 cup**	3/4 cup***
Milk Meat or Poultry or Fish or egg or cheese or cheese food, cheese spread or cyogurt or cottage cheese or cooked dry beans/peas or nuts and/or seeds Grains or Bread or Alternate 1 cup 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	or cooked cereal, rice, pasta	¼ cup	¼ cup	½ cup
Meat or Poultry or Fish or egg 1 or cheese or cheese food, cheese spread or yogurt or cottage cheese or cooked dry beans/peas or peanut butter or nuts and/or seeds ⁴ Grains or Bread or Alternate ² 1 ounce 1 ½ ounces 1 ½ ounces 2 ounces 2 ounces 3 ounces 4 ounces 2 ounces 3 ounces 3 ounces 4 ounces 2 ounces 3 ounces 4 ounces 3 ounces 4 ounces 2 ounces 3 ounces 4 ounces 4 ounces 3/8 cup 1/2 cup 3/4 cup 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1 serving/slice	LUNCH OR SUPPER			
or egg 1 1 1 1 1 2 ounces 2 ounces or cheese food, cheese spread 2 ounces 3 ounces 4 ounces or yogurt 1/2 cup 3/4 cup 1 cup 1/2 cup 1/	Milk	½ cup	³¼ cup	1 cup
or cheese or cheese food, cheese spread or yogurt	Meat or Poultry or Fish	1 ounce	1 1/2 ounces	2 ounces
or cheese food, cheese spread 2 ounces 3 ounces 4 ounces or yogurt ½ cup ¾ cup 1 cup or cottage cheese ¼ cup 3/8 cup ½ cup or cooked dry beans/peas ¼ cup 3/8 cup ½ cup or peanut butter 2 Tbsp. 3 Tbsp. 4 Tbsp. or nuts and/or seeds⁴ Not recommended Not recommended 1 ounce 2 Vegetables and/or fruits to total¹ ¼ cup ½ cup ¾ cup ⅓ cup ⅓ serving/slice ½ serving/slice 1/2 serving/slice	or egg	1	1	1
or yogurt or cottage cheese or cooked dry beans/peas or peanut butter or nuts and/or seeds ⁴ 2 Vegetables and/or fruits to total ¹ ye cup 3/8 cup 4 Tbsp. Oto recommended Not recommended 1/2 cup 1/2 cup 3/4 cup 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice	or cheese	1 ounce	1 1/2 ounces	2 ounces
or cottage cheese 1/4 cup 3/8 cup 1/2 cup or cooked dry beans/peas 1/4 cup 3/8 cup 1/2 cup or peanut butter 2 Tbsp. 3 Tbsp. 4 Tbsp. or nuts and/or seeds4 Not recommended Not recommended 1 ounce 2 Vegetables and/or fruits to total1 1/4 cup 1/2 cup 3/4 cup Grains or Bread or Alternate2 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice	or cheese food, cheese spread	2 ounces	3 ounces	4 ounces
or cooked dry beans/peas ½ cup 3/8 cup ½ cup or peanut butter 2 Tbsp. 3 Tbsp. 4 Tbsp. or nuts and/or seeds⁴ Not recommended Not recommended 1 ounce ½ cup ½ cup ⅓ cup ⅓ cup ⅓ serving/slice ½ serving/slice 1/2 serving/slice 1/2 serving/slice	or yogurt	½ cup	¾ cup	1 cup
or peanut butter 2 Tbsp. 3 Tbsp. 4 Tbsp. or nuts and/or seeds ⁴ Not recommended Not recommended 1 ounce 2 Vegetables and/or fruits to total 1/2 cup 1/2 cup 3/4 cup 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/4 Tbsp. 4 Tbsp. 1 ounce 1/2 cup 3/4 cup 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/4 Tbsp. 1 ounce 1/4 cup 3/4 cup 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/4 cup 1/4 cup 1/2 serving/slice 1/4 cup 1	or cottage cheese	¼ cup	3/8 cup	½ cup
or nuts and/or seeds ⁴ 2 Vegetables and/or fruits to total ¹ 4 cup 5 Serving/slice 7 Not recommended 1 ounce 1/2 cup 1/2 cup 3/4 cup 1/2 serving/slice 1 serving/slice 1 serving/slice	or cooked dry beans/peas	¼ cup	3/8 cup	•
2 Vegetables and/or fruits to total ¹ 1/4 cup 1/2 cup 3/4 cup Grains or Bread or Alternate ² 1/2 serving/slice 1/2 serving/slice 1/4 cup 1/2 cup 1/2 serving/slice 1/2 serving/slice 1/4 cup				4 Tbsp.
Grains or Bread or Alternate ² 1/2 serving/slice 1/2 serving/slice 1/2 serving/slice 1/3 serving/slice				1 ounce
oranis of Bread of Atternate	2 Vegetables and/or fruits to total ¹	•	•	¾ cup
cooked rice, noodles or pasta ¹ / ₄ cup ¹ / ₄ cup ¹ / ₂ cup	Grains or Bread or Alternate ²			1 serving/slice
	cooked rice, noodles or pasta	⅓ cup	¼ cup	½ cup

¹Juices must be at least 50% juice.

²Use whole gain, enriched or fortified breads, cereals, or pasta. See the Handy Creditable Foods List for amounts.

³May include any of the meat alternates listed under "lunch." Recalculate the appropriate amount for snack. ⁴Caution, children under 5 should not be served nuts. Older children may have up to 1 ounce of nuts or seeds at any one meal.

^{*1/4} C or 1/3 oz, whichever is less.

^{**1/3} C or ½ oz, whichever is less.

^{***3/4} C or 1 oz, whichever is less.